



FOUNDED JUNE, 1935

**COVENTRY
CYCLING
CLUB**

**'THE EILEEN SHERIDAN'
RESCHEDULED**

OPEN 10 MILE TIME TT

8th SEPTEMBER 2019, COURSE K11/10T

(Promoted for & on behalf of **CYCLING TIME
TRIALS** under their Rules & Regulations)

Event Organiser: Barry Harden
29 Guilsborough Road
COVENTRY
CV3 2HL.
Phone 024 7645 6944
Mobile on the day 07791 212425
'E mail': barryaharden@aol.com

Event Headquarters: Cawston Community Hall,
Scholars Drive,
CAWSTON,
Rugby.
CV22 7GU.

**First Woman Starts at 1.01pm
First Man Starts approx. 1:30pm**

Officials:	Timekeepers;	Peter Bayliss & Laurie Bird
	Recorder;	Carole Bayliss
	Timekeepers Spotter;	Bob Allen
	Start Stewards;	Martin Bubb & A N Other
	CTT Observer;	Barry Harden
	Number Stewards;	Mary Fay & John Rutter
	Results Service;	Ian Kellaway, Jon Wood & Rob Chatwin.
	Marshalls;	Andy Delaney, Phil Davis, Colin Hardy, Kevin Jeffs
	Catering;	Members & Friends of Coventry CC

CTT Regulations & Recommendations:

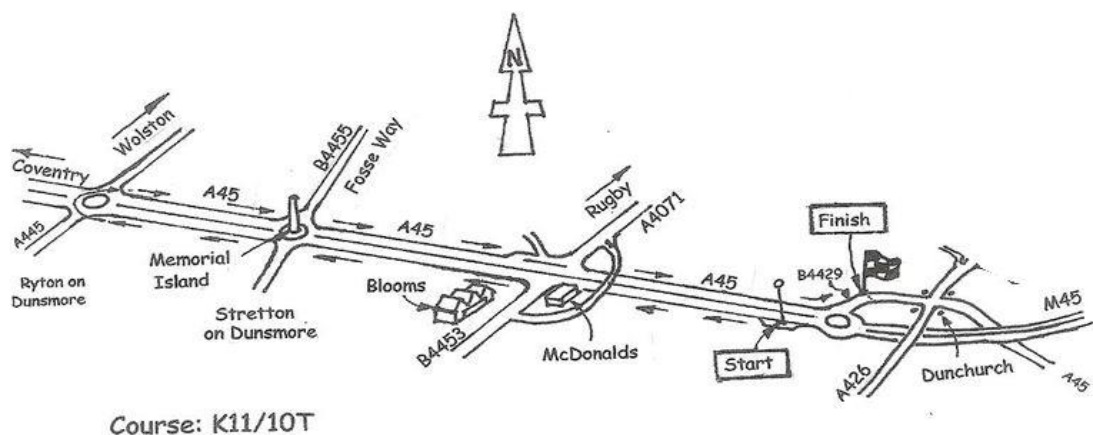
Competitors are now required to **Sign Off** as well as **Signing On**.

It is recommended that hard-shell helmets that meet a recognised International Safety Standard should be worn; this is compulsory for U18's, (Regulation 15).

Riders are advised that a working, preferably flashing, Rear Light be fitted to all machines.

www.coventrycyclingclub.co.uk

Recommended Route H'Q to Start, (which will be Signed).



Course Description:

- SP 462 716: **START**; In the Lay-by 200 yards west of the A45/M45 Thurlaston Island at the 3rd joint in the concrete apron. Ride West along the A45.
- SP 415 732: At the Fosse Way Island, (A45/B4455), take the 2nd exit to continue on the A45.
- SP 391 741: At the next Island, (A45/A445), take the 4th exit to retrace along the A45.
- SP 414 732: At the Fosse Way Island, (A45/B4455), take the 2nd exit to continue on the A45.
- SP 465 715: At the A45/M45 Island, take 1st exit onto the B4429 towards Thurlaston/Dunchurch.
- SP 465 715: **FINISH**; 60 yards past the right turn to Thurlaston, (Main Street); in line with the Eastern (exposed) Gate Post; immediately past the property named 'Newhaven'.

Competitors Notes:

The Event Headquarters will be open from 11.30am. Car Parking will be at a premium so please park considerately. It would be helpful if those in a position to so, could remove their cars from the H'Q area after Signing On etc. The H'Q is in the centre of a Residential area & your highest consideration with regard to the local residents would be greatly appreciated.

Numbers will only be issued when a Competitor has 'Signed On'; **remember you also need to sign off.**

Please note this is a Type A Event & as such sleeveless tops are not permitted, (Regulation 16); "sleeves shall be at least mid-upper arm in length".

It is 3.4 miles from the HQ to the Start; please allow sufficient time to be ready for the Time Keeper.

Please do not warm up on the Course once the Events have started, (13.01), we have previously had complaints from other competitors, **particularly on the B4429 run in to the Finish** where competitors have needed to either brake or pull out in front of vehicles approaching from behind due to riders warming up. It also causes considerable confusion for the Finish Timekeeper.

Any rider failing to comply with this request risks disqualification.

Handicaps have been set according to data taken from the CTT Standard Chart, based on best times at the distance during the last three years.

Veterans Standards have been taken from the Revised 2013 VTTA Chart.

PRIZE LISTS:

Note: Prizes will be forwarded with a Result Sheet within seven days of the Event.

Age Categories, (age on day), A 40-44, B 45-49, C 50-54, D 55-59, E 60-64, F 65-69, G 70 & over.

Age category Prizes will not be awarded to Competitors who have qualified for another Prize other than Team Prizes.

Women's Event

Fastest		Best on Handicap	
First	£40	First	£20
Second	£30	Second	£15
Third	£20	Third	£10
Fourth	£15		
Fifth	£10	Fastest Vet on Std	£15
Fastest U'18	£15	Fastest in each Age Group	£10
Fastest Club Team of 3 Riders £15 each.			

Men's Event

Fastest		Best on Handicap	
First	£40	First	£20
Second	£30	Second	£15
Third	£20	Third	£10
Fourth	£15		
Fifth	£10	Fastest Vet on Std	£15
Fastest U'18	£15	Fastest in each Age Group	£10
Fastest Club Team of 3 Riders £15 each.			

Why Eileen Sheridan:

This Event has been named to celebrate the achievements of our long standing Club President Eileen Sheridan. This Coventry born lady was one of the early Members of Coventry Cycling Club when it was founded in 1935. In 1945, only a year after competing in her first race, Eileen became Women's National 25 Mile Champion. Following a break when her son was born she once again resumed her career; between 1949 & 1950 Eileen became Women's National Champion at 25, 50 & 100 Miles & W.B.A.R. Not surprisingly the success of this Pocket Rocket, a diminutive sized lady with a giant sized ability & demeanour, came to the notice of the Hercules Bicycle Company who gave her a Professional Contract to pursue Long Distance Place to Place Records.

During the late 1940's & 1950's Eileen broke all twenty one of the Women's Road Record Association Records; five of which still stand to this day. After beating the classic Lands' End to John O'Groats record by 11 hours she was put back on her bike to continue to also break the 1000 Mile Record as well; she says she can still recall the effort it took quite vividly.

Throughout her life Eileen, now in her 90's, has always tried to encourage Women to take part in our chosen sport, especially those who have taken up the challenge & broken most of her long standing Records as I am sure they would confirm.